MILWAUKEE COUNTY SENIOR DINING



GREATER GALILEE 2432 N. TEUTONIA AVENUE

FOR CURBSIDE PICK-UP

FEBRUARY



Orange Fresh Pear Banana Bread Brownie Apple Sliced Turkey 15 Chopped Chicken Fajita 16 Salad w/Black Beans Tortilla Chips Salad w/Black Beans Tortilla Chips Dinced Pears Dinner Roll Cinnamon Applesauce Pruit Cocktail Diced Pears Dinced Pears Disced Pears Dinced P					
7-Grain Bread Carrot Raisin Salad Sun Chips Pickle Spear Mandarin Oranges Allueberry Yogurt Pineapple Tidbits Almond Cookie Apple Sliced Peaches American Potato Salad Bread Brocali Foresh Pear Sliced Turkey Mayo Sliced Turkey Mayo Sliced Turkey Banana Bread Brownie, Tomatoes Corolbros, Parmesan Caesar Dressing Blueberry Yogurt Cornbread Sliced Peaches Blueberry Yogurt Cornbread Blueberry Yogurt Cornbread Butterscotch Pudding Banana 10 Turkey Salad Pea & Cheese Salad String Cheese Double Choc Cookie Chilled Apricots Sasoned Ground Beef Cheese, Tomato, Onion Peppers, Dressing On Shredded Lettuce Cornchips Cornchips Cornchips Corelaw Cirnamon Apple Slices Brownie Brow	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carrot Raisin Salad Sun Chips Pickle Spear P	Chicken Salad 1	Shaved Turkey 2	Chicken Caesar Salad 3	Sliced Ham 4	Egg Salad 5
Carrot Raisin Salad Sun Chips Pickle Spear Peskirg Plea & Cheese Salad Pereskirg Plea & Cheese Salad Pereskirg Pretzels Pouble Choc Cookie Pretzels Pretzels Pretzels Pretzels Pouble Choc Cookie Pretzels Pretzels Pretzels Pretzels Pouble Choc Cookie Pretzels Pretzels Pretzels Pretzels Pretzels Pretzels Pretzels Pretzels Pouble Choc Cookie Packer Pretzels Pouble Choc Cookie Pretzels P	7-Grain Bread	Whole Wheat Roll		w/Mustard	Multi-Grain Bread
Sun Chips Jello Mandarin Oranges Almond Cookie Apple Sliced Peaches Subtring Cheese Double Choc Cookie Chilled Apricots Chilled Apricots Chilled Apricots 11 Turkey Salad Turkey Salad Turkey Salad Turkey Salad Turkey Salad Turkey Salad Tourdons, Ranch Seasoned Ground Beff Cheese, Tomato, Onion Peopers, Dressing on Shredded Lettuce Italian Dressing On Shredded Lettuce Com Chips Coleslaw Companie Companie Turkey Salad Tording Peaches Tomato, Onion Peopers, Dressing On Shredded Lettuce Com Chips Coleslaw Com Chips Coleslaw Com Chips Coleslaw Companie Turkey Salad Sake Seasoned Ground Beff Cheese Salad Turkey Salad Turkey Salad Turkey Salad Turkey Salad Turkey Salad Sake Seasoned Ground Beff Cheese Salad Turkey Salad Turkey Salad Sake Salad Salad Willack Beans Salad Willack Beans Salad Willack Beans Salad Willack Beans	Carrot Raisin Salad	Mayo		on Rye Bread	Kidney Bean Salad
Pineapple Tidbits Apple Sliced Peaches Sliced Roast Beef Mayo Mixed Greens Julienne Ham, Turkey Egg, Cheese, Tomato, Croutons, Ranch American Potato Salad S-Bean Salad Broccoli Florets Poppy Seed Roll Crange Fresh Pear Banana Bread Sliced Turkey Fresh Pear Sliced Turkey Mixed Greens Julienne Ham, Turkey Egg, Cheese, Tomato, Croutons, Ranch Croutons, Ranch Corn Chips Coleslaw Iced-Red Devil's Cake Brownie Seafood Salad Sliced Turkey Mixed Greens Julienne Ham, Turkey Egg, Cheese, Tomato, Croutons, Ranch Corn Chips Coleslaw Iced-Red Devil's Cake Brownie Seafood Salad Mhole Wheat Bread Windayo Mixed Greens Italian Dressing Coleslaw Iced-Red Devil's Cake Morioland Mixed Greens Mixed Greens Italian Dressing Coleslaw Iced-Red Devil's Cake Morioland Mixed Greens Mixed Greens Italian Dressing Coleslaw Iced-Red Devil's Cake Morioland Mixed Greens Mixed Greens Italian Dressing Coleslaw Iced-Red Devil's Cake Morioland Mixed Greens Seafood Salad Blended Lettruce Bed Winayo Winayo Veggie Pasta Salad Winayo Veggie Pasta Salad Rye Roll Potato Salad Rye Roll Sinckerdoodle Cookie Banana Sinckerdoodle Cookie Banana Shaved Ham Willed Mixed Greens Mixed Greens/Dressing Baker's Choice Pie Banana Shaved Ham Willed Mixed Greens Mixed Greens Seafood Salad Blended Lettruce Bed Winayo Veggie Pasta Salad Croissant Sinckerdoodle Cookie Banana Shaved Ham Willed Mixed Greens Mixed Greens Seafood Salad Blended Lettruce Bed Winayo Veggie Pasta Salad Croissant Sinckerdoodle Cookie Banana Shaved Ham Willed Mixed Greens Mixed Greens Seafood Salad Blended Lettruce Bed Winayo Veggie Pasta Salad Croissant Mixed Greens Torbical Fried Cheese Turna Salad Croissant Mariola Rye Roll Croissant Mariola Rye R	Sun Chips	Pickle Spear	*	Pea & Cheese Salad	String Cheese
Sliced Peaches Sliced Peaches Sliced Peaches Sliced Peaches Sliced Peaches Sliced Roast Beef Sliced Roast Beef Mustard Mayo Mixed Greens Julienne Ham, Turkey Egg, Cheese, Tomato, Croutons, Ranch Pasta Salad Peapers, Dressing Orange Sliced Turkey Sliced Turkey Fruit Cocktail Peaches Packs (Jelly Donut) Fruit Punch Peaches Pickels Salad Peaches Peaches Peaches Peaches Peaches Peaches Pickels Salad Pickels Salad Pickels Salad Pickels Salad Pickels Sala	Jello	Mandarin Oranges	Blueberry Yogurt	Pretzels	Double Choc Cookie
Shaved Ham 8 Sliced Roast Beef 9 Chef's Salad 10 Taco Salad 11 Seasoned Ground Beef Cheese, Tomato, Onion Peppers, Dressing on Shredded Lettuce Italian Dressing Orange 15 Chopped Chicken Fajita Salad w/Black Beans Sourdough Bread Cucumber Salad Peanut Butter Cookie Fruit Cocktail Roast Beef Spread W/Mayo & Horseradish Seasoned Ground Beef Cheese, Tomato, Onion Peppers, Dressing on Shredded Lettuce Italian Dressing Orange Orange Sliced Roast Beef Sliced Roast Beef Orange Sliced Roast Beef Sliced Roast Beef Orange Sliced Turkey Sliced Tomatoes Dinner Roll Cinnamon Applesauce Oatmeal Raisin Cookie Fruit Cocktail Crusty Roll Sliced Cabbage Slaw Freit Punch Orange Juice Cheese, Tomato, Onion Peppers, Dressing On Shredded Lettuce Corn Chips Coleslaw Mixed Greens Mixed Greens Connamon Apple Slices Cinnamon Apple Slices Brownie Torilla Chips Sliced Tomatoes W/Mayo Veggie Pasta Salad W/Mayo Veggie Pasta Salad Rye Roll Snaved Ham W/Mayo Shaved Roast Beef W/Mayo Veggie Pasta Salad Rye Roll Snaved Ham W/Mayo Shaved Ham W/Mayo Shaved Greens/Dressing Snickerdoodle Cookie Bahana Turkey Salad Turkey Salad Tordina Greens Mixed Greens W/Mayo Veggie Pasta Salad W/Mayo Veggie Pasta Salad Snickerdoodle Cookie Bahana Shaved Ham W/Mayo Shaved Cheddar Noolsland Dressing Crusty Roll Cottage Cheese Tropical Fruit Cup	Pineapple Tidbits	Almond Cookie	Cornbread	Butterscotch Pudding	Chilled Apricots
Mustard Kaiser Roll Kaiser Roll Kaiser Roll American Potato Salad Broccoli Florets Croutors, Ranch Arice Krispie Treat Orange Sliced Turkey Fresh Pear Sliced Turkey Sourdough Bread Cucumber Salad Cucumber Salad Peanut Butter Cookie Fruit Cocktail Roast Beef Spread W/Mayo & Horseradish Seame Bread W/Mayo & Horseradish Seame Bread Mayo Italian Bread Mixed Greens Julienne Ham, Turkey Egg, Cheese, Tomato, Onion Peppers, Dressing on Shredded Lettuce Corn Chips Coleslaw Italian Dressing Coleslaw Iced-Red Devil's Cake Apple Sliced Turkey M/Mayo Salad w/Black Beans Tortilla Chips Silced Tomatoes Dinner Roll Cinnamon Applesauce Oatmeal Raisin Cookie Fruit Cocktail Roast Beef Spread W/Mayo & Horseradish Sesame Bread Marinated Veggies ✓ Turkey, Ham & Cheese Sourdougl Juice Mixed Greens Tordand Beef Cheese, Tomato, Onion Peppers, Dressing on Shredded Lettuce Italian Dressing Coleslaw Italian Dressing Turan Salad Turan Salad Turan Salad Nixed Greens Tordand Rye Roll Seafood Salad Blended Lettuce Bed W/Mayo Veggie Pasta Salad Rye Roll Snickerdoodle Cookie Banana Turan Salad Croissant Marinated Veggies ✓ Turan Salad Croissant Marinated Bean Salad Croissant Torpical Fruit Cup		Apple	Sliced Peaches	Banana	
Kaiser Roll American Potato Salad American Potato Salad Broccoli Florets Rice Krispie Treat Orange Sliced Turkey W/Mayo Sourdough Bread Cucumber Salad Peanut Butter Cookie Fruit Cocktail Roast Beef Spread W/Mayo & Horseradish Sesame Bread W/Mayo & Horseradish Sesame Bread W/Marinated Veggies W/Orange Juice Rice Krispie Treat Very Grape Juice Broccoli Florets Poppy Seed Roll Fresh Pear Banana Bread Brownie Corn Chips Com Chips Com Chips Coleslaw Corn Chips Connamon Apple Slices Brownie Apple Sliced Turkey W/Oelery & Onion Mixed Lettuce Blend Sliced Tormatoes W/Mayo Dinner Roll Cinnamon Applesauce W/Mayo Veggie Pasta Salad W/Mayo Veggie Pasta Salad Rye Roll Snaved Roast Beef W/Mayo Veggie Pasta Salad W/Mayo Veggie Pasta Salad Rye Roll Snickerdoodle Cookie Banana Roast Beef Spread W/Mayo & Horseradish Sesame Bread Marinated Veggies Vergie Pasta Salad Marinated Dressing Sing Mac Salad Cround Beef, Romaine, Onion, Tomato, Pickle Shredded Cheddar, 1,000 Island Dressing Crusty Roll Cheese, Tomato, Onion Peppers, Dressing On Shredded Lettuce Italian Dressing Slead Lettuce Mixed Greens Seand Mixed Greens Seanded Rye Roll Snickerdoodle Cookie Banana Shaved Ham W/Mustard Marinated Bean Salad Croissant Marinated Bean Salad Marinated Bean Salad Croissant Marinated Bean Salad Tropical Fruit Cup	Shaved Ham 8	Sliced Roast Beef 9	Chef's Salad 10	Taco Salad 11	Turkey Salad 12
Kaiser RollItalian BreadEgg, Cheese, Tomato, Croutons, RanchPeppers, Dressing on Shredded LettuceMixed Greens3-Bean SaladBroccoli FloretsPoppy Seed RollCorn ChipsColeslawRice Krispie Treat❖ Grape JuiceGrapesCinnamon Apple SlicesIced-Red Devil's CakeOrangeFresh PearBanana BreadBrownieAppleSliced Turkey15Chopped Chicken Fajita Mw/MayoChopped Chicken Fajita Salad W/Black BeansTuna Salad Mwed Lettuce Blend Sliced TomatoesShaved Roast Beef Whole Wheat BreadBlended Lettuce Bed Whole Wheat BreadSourdough BreadTortilla ChipsDinner RollPotato SaladRye RollCucumber SaladMarinated Carrot SaladDinner RollPotato SaladRye RollPeanut Butter CookiePaczki (Jelly Donut)Cinnamon ApplesauceMixed Greens/DressingSnickerdoodle CookieFruit CocktailDiced PearsOatmeal Raisin CookieMixed Greens/DressingSnickerdoodle CookieRoast Beef SpreadTurkey, Ham & CheeseBig Mac SaladShaved HamTuna SaladW/Mayo & HorseradishSub SandwichShaved Cheddar, 1,000 Island DressingMarinated Bean SaladTuna SaladWoorange JuicePeachesCrusty RollCottage CheeseTropical Fruit Cup	Mustard	Mayo			7-Grain Bread
American Potato Salad 3-Bean Salad Broccoli Florets Poppy Seed Roll Croutons, Ranch Rice Krispie Treat Poppy Seed Roll Croutons, Ranch Rice Krispie Treat Poppy Seed Roll Croutons, Ranch Rice Krispie Treat Poppy Seed Roll Grapes Cinnamon Apple Slices Brownie Brownie Tuna Salad W/Celery & Onion Mixed Lettuce Blend Sliced Tornatoes Sourdough Bread Cucumber Salad Peanut Butter Cookie Fruit Cocktail Roast Beef Spread W/Mayo & Horseradish Sesame Bread W/Mayo & Horseradish Sesame Bread Marinated Veggies Wording Pasta Salad Poppy Seed Roll Corn Chips Coleslaw Cinnamon Apple Slices Brownie Tuna Salad Mrica Lettuce Belon Sliced Tornatoes Dinner Roll Cinnamon Applesauce Dinner Roll Cinnamon Applesauce Doatmeal Raisin Cookie Baker's Choice Pie Banana Tuna Salad Rye Roll Spickerdoodle Cookie Baker's Choice Pie Banana Tuna Salad Rye Roll Spickerdoodle Cookie Baker's Choice Pie Banana Tuna Salad Croissant Marble Rye Bread Marinated Bean Salad Marinated Bean Salad Croissant Baby Carrots Sun Chips Crusty Roll Corr Chips Corn Chips Cornamon Apple Slices Brownie Apple Seafood Salad Whole Wheat Bread W/Mayo Veggie Pasta Salad Rye Roll Rye Roll Shaved Greens/Dressing Mixed Greens/Dressing Shaved Ham W/Mustard Croissant Marble Rye Bread Marinated Bean Salad Croissant Saloy Cortage Cheese Tropical Fruit Cup	Kaiser Roll	Italian Bread		· · · · · · · · · · · · · · · · · · ·	Mixed Greens
Rice Krispie Treat Orange Fresh Pear Cinnamon Apple Slices Brownie Cinnamon Apple Slices Brownie Apple Cinnamon Apple Slices Brownie Apple Cinnamon Apple Slices Brownie Apple Sliced Turkey Mole Wheat Bread Cucumber Salad Peanut Butter Cookie Fruit Cocktail Roast Beef Spread Wilder Salad Wilder Salad Wilder Salad Paczki (Jelly Donut) Diced Pears Turkey, Ham & Cheese Wilder Salad Wilder Salad Wilder Salad Potato Salad Mixed Greens/Dressing Banana Coatmeal Raisin Cookie Banana Turkey, Ham & Cheese Sub Sandwich Salad Ground Beef, Romaine, Onion, Tomato, Pickle Shredded Cheddar, 1,000 Island Dressing Vincelery & Onion Mixed Lettuce Bel Whole Wheat Bread Wilder Wilder Wilder Salad Wilder Greens/Dressing Banana Tuna Salad Croissant Shaved Ham Wilder Greens/Dressing Banana Tuna Salad Croissant Sub Sandwich Red Cabbage Slaw Fruit Punch Fruit Punch Peaches Cinnamon Apple Slices Brownie Apple Shaved Roast Beef Whole Wheat Bread Wilder Greens/Dressing Banana Shaved Ham Wilder Greens/Dressing Banana Tuna Salad Croissant Marinated Bean Salad Croissant Baby Carrots Sun Chips Tropical Fruit Cup	American Potato Salad	Pasta Salad			Italian Dressing
Orange Fresh Pear Banana Bread Brownie Apple Sliced Turkey 15 Chopped Chicken Fajita 16 Salad w/Black Beans Sourdough Bread Cucumber Salad Peanut Butter Cookie Fruit Cocktail Diced Pears Diced Pear	3-Bean Salad	Broccoli Florets	Poppy Seed Roll	Corn Chips	Coleslaw
Sliced Turkey W/Mayo Sourdough Bread Cucumber Salad Peanut Butter Cookie Fruit Cocktail Roast Beef Spread W/Mayo & Horseradish Sesame Bread Marinated Veggies Porange Juice Chopped Chicken Fajita 16 Salad w/Black Beans Tortilla Chips Salad w/Black Beans Tortilla Chips Salad w/Celery & Onion Mixed Lettuce Blend Sliced Tomatoes W/Mayo W/Mayo William Salad W/Mayo William Salad W/Mayo William Salad William	Rice Krispie Treat	∵ Grape Juice	Grapes	Cinnamon Apple Slices	Iced-Red Devil's Cake
w/Mayo Salad w/Black Beans Tortilla Chips Sourdough Bread Cucumber Salad Marinated Carrot Salad Peanut Butter Cookie Fruit Cocktail Roast Beef Spread w/Mayo & Horseradish Sesame Bread Marinated Veggies Porange Juice Cinopped Criticken Fajita W/Celery & Onion Mixed Lettuce Blend Sliced Tomatoes W/Mayo W/Celery & Onion Mixed Lettuce Blend Sliced Tomatoes W/Mayo W/Mayo W/Mayo Wole Wheat Bread W/Mayo Veggie Pasta Salad Potato Salad Rye Roll Silaved Roast Beef W/Mayo Wole Wheat Bread W/Mayo Veggie Pasta Salad Rye Roll Silaved Roast Beef W/Mayo Weggie Pasta Salad Rye Roll Silaved Roast Beef W/Mayo Veggie Pasta Salad Rye Roll Silaved Roast Beef Veggie Pasta Salad Rye Roll Ria Salad Rye Roll Silaved Roast Beef Veg	Orange	Fresh Pear	Banana Bread	Brownie	Apple
Sourdough Bread Cucumber Salad Peanut Butter Cookie Fruit Cocktail Roast Beef Spread W/Mayo Bished Lettuce Blend Sliced Tomatoes Dinner Roll Cinnamon Applesauce Fruit Cocktail Roast Beef Spread W/Mayo Potato Salad Mixed Greens/Dressing Baker's Choice Pie Banana Shaved Ham W/Mayo Veggie Pasta Salad Rye Roll Cinnamon Applesauce Diced Pears Oatmeal Raisin Cookie Baker's Choice Pie Banana Shaved Ham W/Mustard Croissant W/Mustard W/Mustard Marble Rye Bread Baby Carrots Shredded Cheddar, 1,000 Island Dressing Crusty Roll Cottage Cheese Tropical Fruit Cup	Sliced Turkey 15	Chopped Chicken Fajita 16	Tuna Salad 17	Shaved Roast Beef 18	Seafood Salad 19
Sourdough Bread Cucumber Salad Cucumber Salad Peanut Butter Cookie Fruit Cocktail Roast Beef Spread W/Mayo Marinated Carrot Salad Dinner Roll Cinnamon Applesauce Oatmeal Raisin Cookie Baker's Choice Pie Banana Turkey, Ham & Cheese W/Mayo Potato Salad Rye Roll Cinnamon Applesauce Oatmeal Raisin Cookie Baker's Choice Pie Banana Tuna Salad Ground Beef, Romaine, Onion, Tomato, Pickle Shredded Cheddar, 1,000 Island Dressing Worange Juice Tortilla Chips W/Mayo Veggie Pasta Salad Rye Roll Shied Greens/Dressing Snickerdoodle Cookie Baher's Choice Pie Banana Tuna Salad Croissant Marble Rye Bread Marinated Bean Salad Croissant Marinated Bean Salad Crottage Cheese Tropical Fruit Cup	w/Mayo	Salad w/Black Beans		Whole Wheat Bread	Blended Lettuce Bed
Peanut Butter Cookie Fruit Cocktail Roast Beef Spread w/Mayo & Horseradish Sesame Bread Marinated Veggies Paczki (Jelly Donut) Diced Pears Cinnamon Applesauce Oatmeal Raisin Cookie Baker's Choice Pie Banana Shaved Ham W/Mustard Croissant Big Mac Salad Ground Beef, Romaine, Onion, Tomato, Pickle Shredded Cheddar, 1,000 Island Dressing Crusty Roll Cinnamon Applesauce Mixed Greens/Dressing Snickerdoodle Cookie Banana Tuna Salad Croissant Marble Rye Bread Marinated Bean Salad Cottage Cheese Tropical Fruit Cup	Sourdough Bread	Tortilla Chips		w/Mayo	Veggie Pasta Salad
Fruit Cocktail Roast Beef Spread W/Mayo & Horseradish Sesame Bread Marinated Veggies Pruit Cocktail Diced Pears Oatmeal Raisin Cookie Baker's Choice Pie Banana Shaved Ham W/Mustard Ground Beef, Romaine, Onion, Tomato, Pickle Shredded Cheddar, 1,000 Island Dressing Crusty Roll Oatmeal Raisin Cookie Baker's Choice Pie Banana Tuna Salad Croissant Marble Rye Bread Marinated Bean Salad Sun Chips Tropical Fruit Cup	Cucumber Salad	Marinated Carrot Salad	Dinner Roll	Potato Salad	Rye Roll
Roast Beef Spread w/Mayo & Horseradish Sesame Bread Marinated Veggies Peaches Possible Spread Turkey, Ham & Cheese Big Mac Salad Ground Beef, Romaine, Onion, Tomato, Pickle Shredded Cheddar, 1,000 Island Dressing Crusty Roll Shaved Ham W/Mustard Marble Rye Bread Marinated Bean Salad Croissant Baby Carrots Sun Chips Tropical Fruit Cup	Peanut Butter Cookie	Paczki (Jelly Donut)	Cinnamon Applesauce	Mixed Greens/Dressing	Snickerdoodle Cookie
w/Mayo & Horseradish Sesame Bread Marinated Veggies Peaches Big Mac Salad Ground Beef, Romaine, Onion, Tomato, Pickle Shredded Cheddar, 1,000 Island Dressing Crusty Roll Snaved Ham W/Mustard Marble Rye Bread Marinated Bean Salad Sun Chips Tuna Salad Croissant Marinated Bean Salad Croissant Baby Carrots Sun Chips Tropical Fruit Cup	Fruit Cocktail	Diced Pears	Oatmeal Raisin Cookie	Baker's Choice Pie	Banana
Sesame Bread Marinated Veggies Peaches Red Cabbage Slaw Onion, Tomato, Pickle Shredded Cheddar, 1,000 Island Dressing Crusty Roll Marble Rye Bread Marble Rye Bread Marinated Bean Salad Cottage Cheese Tropical Fruit Cup	Roast Beef Spread 22	Turkey, Ham & Cheese 23	Big Mac Salad 24	Shaved Ham 25	Tuna Salad 26
Marinated Veggies Peaches Shredded Cheddar, 1,000 Island Dressing Crusty Roll Shredded Cheddar, 1,000 Island Dressing Cottage Cheese Tropical Fruit Cup	w/Mayo & Horseradish	Sub Sandwich		w/Mustard	Croissant
Marinated Veggies☐ Fruit Punch1,000 Island DressingMarinated Bean SaladSun Chips❤ Orange JuicePeachesCrusty RollCottage CheeseTropical Fruit Cup	Sesame Bread	Red Cabbage Slaw		Marble Rye Bread	Baby Carrots
	Marinated Veggies			Marinated Bean Salad	Sun Chips
Raker's Choice I orna Doone Cookies V Juice Choc-Iced Ranana Cake Cereal Ran	✓Orange Juice	Peaches	Crusty Roll	Cottage Cheese	Tropical Fruit Cup
Daker's Gride Lorina Double Gookies Daharia Gare Gereal Dai	Baker's Choice	Lorna Doone Cookies	 Juice	Choc-Iced Banana Cake	Cereal Bar
Apple Chilled Pear Slices Clementine	Apple		Chilled Pear Slices	Clementine	



RESERVATIONS RECOMMENDED 562-110







Serving Size: corn, 1 cup (145g)

Amount per serving

Calories

Calcium 3mg

Potassium 390mg

Iron 1mg

125

0% 4%

- Caronio	
	% Dally Value*
Total Fat 2g	3%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol -	-
Sodium 22mg	1%
Total Carbohydrates 27g	9%
Dietary Fiber 3g	12%
Sugars 9g	
Includes - Added Sugars	-
Protein 5g	
Vitamin D 0mcg	0%

^{*}The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



- Promotes Heart Health
- Reduces Cholesterol Levels
- Reduces Stroke Risk
- V Protects Eyesight
- V Supports Weight Management
- ▼ May Help Prevent Colon Cancer
- V Reduces Type 2 Diabetes Risk

DID YOU KNOW?

- An ear of corn has -800 kernels in 16 rows.
- There is one strand of silk for every kernel of corn.
- An ear of corn has an even number of rows-each with the same number of kernels.
- Corn grows on every continent except Antarctica.
- Corn is America's #1 field crop.

Corn Bread

- Frozen Corn
- · Baking Powder
- Cornmeal
- · Egg
- Flour
- Vegetable Oil
- Sugar
- Find these corn recipes here: https://go.usa.gov/xn6DP For more recipes go to: www.whatscooking.fns.usda.gov



